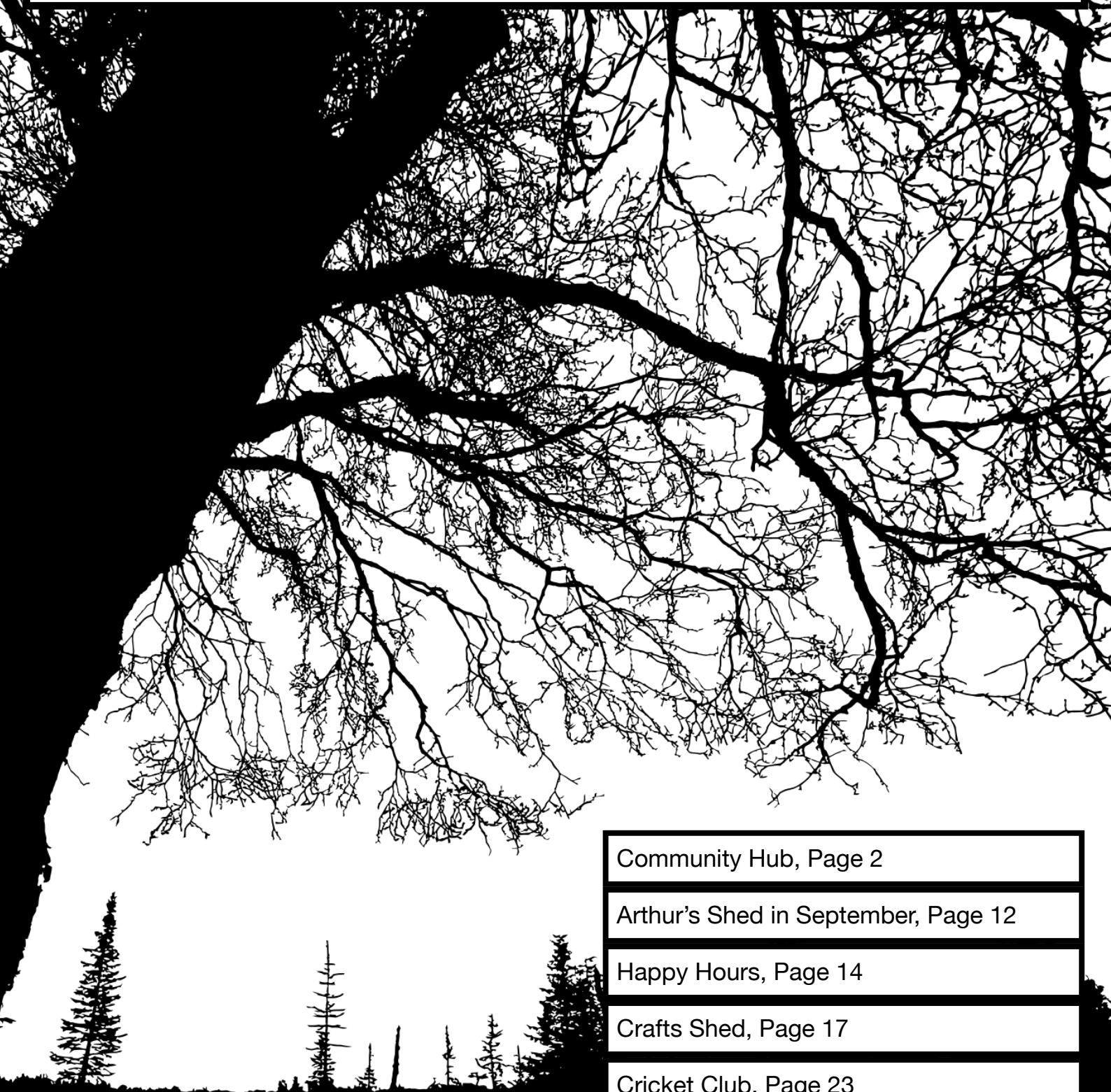




# BAR HILL NEWS

Brought to you by the Bar Hill Community Association  
September 2023 Issue 649



Community Hub, Page 2

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**!! NEW !! Village Events Calendar - See Back Cover**

**Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)**  
**The Hub is for people of all ages as a place to gather & enjoy community!**

4 September	Coffee Stop,	Health & Wellbeing 10:15 -10:45, 10:45 - 11:45 5AsideChess
11 September	Foodbank,	Carers Café 10-11:30
18 September	Citizens Advice (9-12)	Health & Wellbeing 10:15 -10:45
25 September	Meet a Parish Councillor	Survival English – pre registration only

**WHAT:** The Hub is a busy gathering space, providing a warm, comfortable, welcoming place for our entire community. Come along and join us, we look forward to seeing you.

**Coffee Stop:** Pop in for a coffee, a piece of cake and a chat with friends, old and new!

**Food bank:** No need for any vouchers. If you are struggling financially, drop by and let us help you, available from 9am

**Citizens Advice:** we have pre booked appointments, please either:

Email: [barhilladvice@gmail.com](mailto:barhilladvice@gmail.com) or,

Send a PM: Kevin Potts using Facebook Messenger or,

Phone: and leave your details with our freephone number: **0800 088 6522**

**Health & Wellbeing:** On the 1st and 3rd Monday of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

**Carers Café:** On the 2nd Monday of the month, by Maple Surgery, who will be providing support for any carers in the village, even if you are not a patient of Maple Surgery

**Meet a Parish Councillor:** you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm within the Coffee Stop.

**Survival English:** By prior registration only.

**5AsideChess:** 10.45 to 11.45 – 5AsideChess is a great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and some and a chat!

Contact: **0800 088 6522** or email: [barhilladvice@gmail.com](mailto:barhilladvice@gmail.com)



# BAR HILL COMMUNITY ASSOCIATION



<b>Chair/ Secretary</b>	Andy Pellew
<b>Vice Chair</b>	Anthony Mitchell
<b>Secretary</b>	Jenni Foster-Smith
<b>Treasurer/ BHN Advertising</b>	Hilary Whipp
<b>BHN Editor</b>	Andy Pellew
<b>Features Editors</b>	Liz Dams, and Bridget Wilson
<b>Trustees</b>	
Bunty Waters	Jo Hall
Laura Chapman	Kate Da Costa
Barry Dean	

If you'd like to contact the BHCA then you can either write to us **c/o Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email **[chair-of-trustees@barhill-ca.org](mailto:chair-of-trustees@barhill-ca.org)**, or call **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Social Club. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld. There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **[bhn-editor@barhill-ca.org](mailto:bhn-editor@barhill-ca.org)**

**See [www.barhill-ca.org](http://www.barhill-ca.org)**



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## LETTERS, NOTICES & ANNOUNCEMENTS TO THE EDITOR

Please send your letters & notices to [bhn-editor@barhill-ca.org](mailto:bhn-editor@barhill-ca.org). Thank you!



### CHARITY AFTERNOON TEA FOR BREAST CANCER NOW

Thank you to everyone who came along to support our Charity Afternoon tea, which was held in the Bar Hill Sports and Social Club (BHSSC) on Friday the 4th August, in aid of Breast Cancer Now. At last count, with your generosity, we have raised just over £522.80

Special thanks have to go to the BHSSC who provided the tea and coffee, Tesco and Total Relaxation (at the Farmhouse) who donated some lovely raffle prizes, jam (for the cream teas) and cake boxes, Carol Hosmer (my partner in organising this event), all the ladies who donated cakes and everyone who donated raffle prizes. Also thanks to everyone who assisted on the day with helping to set up, selling the raffle tickets and clearing up after the event. Hope I haven't forgotten anyone.

It was a great afternoon and well attended. My only regret is that I was so busy I forgot to take any photos!

Anne Plumb

### 8 o'clock club

The club is a women's group who meet on the 1st Thursday of the month at 7.30pm in the school.

Thursday 7 September, Enrolment Evening with wine & nibbles, 7.30pm in the School

We welcome back our members and if you are new to the village and would like to join please come along or for more information please phone Barbara **204171 (07847 327709)** Adela **204265** or Ann **204687**

**SMALL AD:** Bathroom mirror in good condition, 600 mm diameter, 2 fixing holes. **01954-782441**. Free to collect!

### Over Memory Café

This is run by a group of volunteers, the purpose of which is to invite anyone living with memory loss and their carers to a two hour event, every fourth Saturday that we're running in Over Day Centre's main hall.

Refreshments are provided - tea & coffee, juice, biscuits & cake, we invite entertainers to perform, generally a good singalong with a reading or activity as an intermission. Our first Cafe was Saturday, July 22 and was a fantastic morning with lots of singing, poetry reading, teas, coffees and lots and lots of cake. - there's images and information on the Day Centre website - <https://www.overdaycentre.co.uk/news/our-first-memory-cafe/> and facebook page.

The morning is free to all in Over and surrounding villages, anyone really as long as they are able to travel to the Day Centre. We have free parking and the building is wheelchair accessible. We modelled our cafe on a similar one in Willingham, 2nd Saturday of each month and Girton, first Friday. Both Cafes we continue to discuss what we can do to help each other.

We would very much welcome anyone from Bar Hill to attend.

David Barker (See advert on Page 6)



## COMMUNITY FOCUS: County Councillor Edna Murphy

This month I had the privilege of meeting for a chat with County Councillor Edna Murphy. Edna, who describes herself as an international person, was born in Washington D.C. A few years later, Edna's father, a U.S. diplomat, was stationed in Paris, and the family moved to France, where Edna's sister was born. When Edna was around 8 years old, she and her family moved again to London, where they remained. "I love Britain; I was transplanted here and have made the UK my home. I finally became a British citizen in 2014.

Edna came to Cambridge to study law at New Hall (now Murray Edwards). It was here she met her husband David Howarth, who was to become the Liberal Democrat Member of Parliament for Cambridge between 2005 and 2010.

Edna told me she has been interested in politics since she was a child. Even though she was very young at the time, she was aware of racism at her kindergarten whilst living in the USA. "One of my keenest memories was the Martin Luther King 'I have a dream' speech."

After graduating she studied law at New York University, whilst living in New York for a few years, but then moved back to Cambridge permanently when David was offered a job as an academic at Clare College, in 1985.

Edna's life was very busy; she began working full time as a legal administrator in a tech business whilst raising two small boys. She then became a research administrator for the University of Cambridge, whilst studying for an MBA part time in the evenings. After this there was a long spell of commuting to London every day, for work at Imperial College and University College, London. Then Edna

decided to return to work in Cambridge once more.

"Once I stopped full-time work, around 2020, I had an opportunity to stand for local elections" Edna explained "I thought, all those years I have been a political widow whilst having an interest myself, so David -now head of a department at the University of Cambridge - and I, effectively switched roles!"

In May 2021 Edna was elected as the Liberal Democrat candidate for the County Council, Bar Hill division. The division also covers Girton, Dry Drayton and Lolworth.

"I feel so lucky and privileged to do it. It's the sort of role where I can make a difference. It's not a job, more of a vocation."





"Being a councillor - in a funny way it's not about the party you represent. Every now and then, people do have split opinions but, on-the-whole it's a collaboration. I represent the residents and try to do what the residents want me to do. For example, a lot of people want a footpath around the perimeter road and something to be done about derelict buildings." Edna is also keen to improve the quality of life for residents by addressing transportation and preparing for climate change.

Alongside her role as a councillor, Edna is chair of the Fire Authority in a non-executive role. Edna explained that climate change is having a huge impact on the Fire Service. Last year's soaring temperatures led to heat induced fires, which broke out in several places all at once, stretching the service's resources. New procedures will be put in place to deal with this important on-going problem. Her role on the board of the Fire Authority has also led her to take a seat on the Mayor's Combined Authority.

I asked Edna what she likes to do with her "spare" time. "Music has always been huge for me! I play the violin and viola in the Cambridge Philharmonic. We have given performances in many wonderful venues" Edna went on enthusiastically to tell me about the charity she started called Cambridge Youth Music. The charity gives young people the opportunity to compose pieces which are then performed by good musicians at a music festival.

Benjamin Franklin once said "If you want something done, ask a busy person." I would have to say that Councillor Edna Murphy is certainly a very busy person who enjoys getting things done!

# Over Memory Café

**inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun.**

do come and enjoy a welcoming, safe and comfortable space with a mix of music, singing, poetry readings, activities & talks.

Refreshments will be provided - tea & coffee, juice, biscuits & cake

*our Memory Café is run by volunteers who rely on guests being accompanied by a carer or family member*

**free to all, every month on the fourth Saturday,  
our next Café is on**

**Saturday 23<sup>rd</sup> September 2023**

**from 10 am to 12 noon**

To be held at The Over Day Centre, 1 Drings Close, Over CB24 5NZ  
wheelchair accessible, free parking available

**We welcome all from Over and surrounding villages  
booking is not necessary, please do join us  
for more information tel: 01954 231807**

*Working in partnership with Willingham Memory Box Café and Girton Memory Café where similar events can be attended on the second Saturday and first Friday of each month respectively*

*Cambridgeshire County Council have supported the Over Memory Café with a seed funding grant as part of the Care Together Programme, which aims to support older adults to live happily at home for longer*



# Rhymetime

**Every Tuesday**

**2.30pm—3pm**

**This event only runs during term time**

## Bar Hill Church Knit & Natter

We continue to meet regularly on a Thursday afternoon from 1.30 until 3.00pm at The Octagon. All are welcome.

As a well established friendly group, we enjoy knitting and are all very good at "nattering".



Our aim has always been to welcome and encourage people to join and meet old friends and make new ones. Also to encourage people to use their knitting skills to make things that other people need anywhere there is a need.

We have made vast quantities of baby clothes, scarves and hats for children and adults wherever the need arises in this country or another. We recently made a number of blankets to go into Food Bank parcels at Christmas.

We are always very grateful for donations of wool for our projects if anyone has any spare.

Thank you for recent donations they are greatly appreciated.



During our afternoons together, as well as knitting and nattering, we have a regular exercise slot when Wendy

keeps us stretched and strengthened with fun exercises. (soon after that we have tea and cakes !!)

Are you interested in joining us? Either phone me or just turn up on a Thursday afternoon. We look forward to seeing some new faces as well as our lovely familiar ones. P.S. You don't have to be able to knit to join us, we are very happy with nattering. Sue Kenchington **780260**.

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## Olive Tree Bereavement Group

Our next meeting for members will be on held on Saturday 9th September 2023 at 10.30a.m. The following month is 14th October. Both are held in the Octagon at 10.30a.m.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

The Autumn is now upon us. You may find this a difficult time to cope with, an extra feeling of isolation and loneliness, particularly the shorter days. If this is you, perhaps you would like to come along and meet people experiencing this too?

This is a very welcoming group where you can talk quite freely and your confidence will be respected. There will be time to share your experiences, listen and have discussion as well as getting to know others in the group, with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it. We welcome all new comers and would prefer that they arrive at 10.00a.m. on the above dates so that we can explain what happens.

The leaders, who are CRUSE Trained, and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the particular pain and difficulties that this brings.

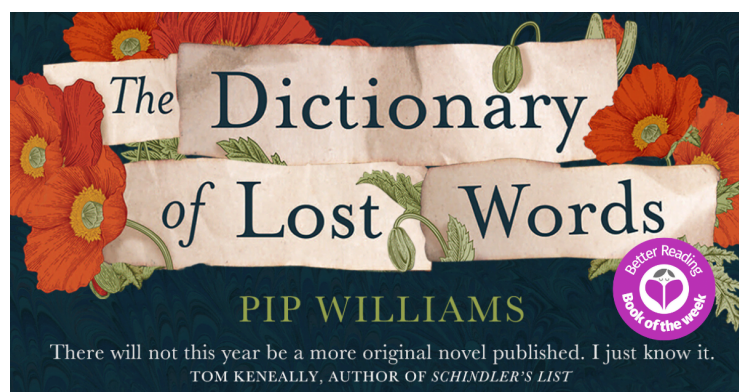
For more details telephone Sue Kenchington **780260**, Chris Stannard **781978**



## Bar Hill Ladies Book Club

Bar Hill Book Club will meet again on Tuesday 12th September in the Sports and Social Club at 7:30pm. We are currently reading "The Dictionary of Lost Words" by Pip Williams.

For details of future events please email [sheilafarrar@hotmail.co.uk](mailto:sheilafarrar@hotmail.co.uk) or call/text **07920 558319**



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# BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com)

01954 201421/ 07734 690580



I hope the holiday few weeks have been good for you.

Welcome if you are new to the village, please contact me for any queries and you can meet me at the HUB on Monday mornings in the Octagon.

## VOTER ID

There will be a General Election before January 2025 so please make sure, so that you can vote, are you registered ? & do you have ID.

The next scheduled elections in South Cambridgeshire are on 2 May 2024. If you think you might not have the required ID to be able to vote at a polling station in the future, you may wish to apply for your free Voter ID now. You can apply for your Voter Authority Certificate online; <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>

If you are worried about whether or not a piece of existing photo ID is sufficient for voting then the full list of accepted forms of Photo ID is on the South Cambridgeshire District Council website; <https://www.scambs.gov.uk/your-council-and-democracy/elections/voter-id/>

The most widely available accepted forms of Photo ID are; passport, driving licence, and government-funded bus pass.

## ELECTRICAL WASTE

Small electrical waste collection points have been established at many supermarkets including Tesco here in the village.

Suitable “waste” includes; Electronic toys, kettles, toasters, shavers, small power tools, radios, and any small items that plug-in or take a battery.

Please note that some items are unsuitable

for disposal at these sites including light bulbs (there is a recycling point in Tesco!), smoke detectors, e-cigarettes, batteries (again, there is an existing recycling point in Tesco), anything that is not electrical, and anything too large. Do not leave items beside the bin.



## SUSTAINABLE FOOD

Allotments are great places to grow your own food, I am privileged to have been given delicious veg & rhubarb from local growers.

## PLANNING -Converting Your Garage

A good idea for extra living space but please do check to see if there are any planning conditions on your property

Contact: [www.3csharedservices.org/building-control/building-regulations-approval](http://www.3csharedservices.org/building-control/building-regulations-approval)

## CHANGES TO BIN COLLECTION DAYS

The bin collections will change to be over four week days instead of five, so no more collections on a Monday.

From week beginning Monday 11 September.

However, if your bin collection day is due to change you will be written to.

# Bar Hill Church news

## Services

Sun 3 Sept, 10:00 am: Holy Communion  
(Anglican) led by Di Gunton and  
Heather Smethurst

Sun 10 Sept, 10:00 am: All Together Worship led  
by Revd Wendy Wale

Thur 14 Sept, 10:00 am: Mid-week Holy Communion led by Revd Wendy Wale

Sun 17 Sept, 10:00 am: Holy Communion (Baptist) led by Revd Wendy Wale

Sun 24 Sept, 10:00 am: Café Church led by Bob Chappell and Heather Smethurst

Sun 1 Oct, 10:00 am - Holy Communion (Methodist) led by Revd Julie Gawthrop

Sunday morning services can also be attended via Zoom: meeting id 882 9761  
3899, password: 284740.



## Children

For services that include Holy Communion, usually the first and third Sundays of the month, worship follows a more traditional style and there are separate activities for children in the Octagon. 'All Together' services are geared for all age groups and children remain in the main church. 'Café Church' services are also aimed at a wide age range but with separate activities for just the younger children.

## Contacts

Church Office: Ian Farr, 01954 206120, [church.office@barhillchurch.org.uk](mailto:church.office@barhillchurch.org.uk)

Working hours usually include Monday, Tuesday and Wednesday mornings.

Minister: Revd Wendy Wale, 07780 828865, [minister@barhillchurch.org.uk](mailto:minister@barhillchurch.org.uk)

Working days are Monday, Tuesday, Thursday and Sunday

Website: <https://barhillchurch.org.uk>

Facebook: <https://facebook.com/barhillchurch>

Bar Hill Church is an ecumenical partnership working with the Church of England, the Baptist Union, the Methodist Church and the United Reformed Church. We also have covenant agreements with the Roman Catholic Church and the Society of Friends (Quakers).



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## What is Arthurs Shed?



Arthur's Shed is a purpose-built studio set in the beautiful grounds of the Arthur Rank Hospice. Sessions are open to the public, you do not need to have a connection with the Charity to attend. Sessions are free of charge, although a suggested donation of £5 is welcomed to cover the cost of materials. Sessions can be booked by emailing [Arthurs.shed@arhc.org.uk](mailto:Arthurs.shed@arhc.org.uk) or calling 01223 675777. Sessions must be booked in advance.

**Paper Crafts:** Learn to make paper hedgehogs and other paper crafts.

**Astronomy:** Learn all about the sun, moon and stars and build your very own sun dial! (We recommend attending all 6 sessions)

**Clay Work:** Design and decorate small, air-dried clay sculptures

**Flower Arranging:** How to make the best of flowers



## Parking

If arriving by car, please park at the Babraham Park & Ride, CB22 3AB, next door. The footpath to the Hospice is signposted on the left as you drive into the park & ride. Parking is free of charge for up to 18 hours at the Park & Ride. Please note the hospice car park is for use by our patients and their visitors (there are a limited number of disabled bays if you need one).

Why not find us online at: <https://www.arhc.org.uk/open-to-all/arthurs-shed/>

Contact us at [Arthurs.shed@arhc.org.uk](mailto:Arthurs.shed@arhc.org.uk) to join our mailing list

**Arthur's Shed September 2023** - Open to all, free of charge, suggested donation of £5 – Contact [Arthurs.shed@Arhc.org.uk](mailto:Arthurs.shed@Arhc.org.uk) or 01223 675777

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				10-11.15 Astronomy with Peter
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
No sessions	10.30-12 Clay Work with Rosemarie	10:30-11:30 Card Making with Jill	No sessions	10-11.15 Astronomy with Peter
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
No sessions	10.30-12 Clay Work with Rosemarie	No sessions	No sessions	10-11.15 Astronomy with Peter
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
No sessions	10.30-12 Clay Work with Rosemarie	10:30-11:30 Card Making with Jill	2-3 Papercrafts with Rosemary	10-11.15 Astronomy with Peter
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
No sessions	10.30-12 Clay Work with Rosemarie	No sessions	No sessions	10-11.15 Astronomy with Peter

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CB3 0QH

## HAPPY HOURS - September 2023

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.



Coming up:

**1st Sept: Games and a Quiz**

**8th Sept: Bingo and a Quiz**

**15th Sept: To be decided/Possibly an auction**

**22nd Sept: Casino Afternoon**

**29th Sept: Bingo and a Quiz**

**6th October: Games and a Quiz**

If you give us a try your first week is free.

Anne Plumb, Tel: **01954 780364**, email:

**[anne@rwp10.plus.com](mailto:anne@rwp10.plus.com)**

## Bar Hill Catholic Mass

*Celebrating our love of God – Meeting with friends – Volunteering*

From 7th January 2023 Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580** who will be happy to help.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - he can be contacted on **07842 190882**.

We look forward to welcoming you!

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## CHRIS'S BIKES



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## Bar Hill Neighbourhood Watch

*working for a safer community*



To contact Neighbourhood watch please email  
[nhwinbarhill@yahoo.co.uk](mailto:nhwinbarhill@yahoo.co.uk)

To keep up to date on the latest developments  
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FBBarHillNHW](https://www.facebook.com/bt.ly/FBBarHillNHW) (or search for "Bar hill NHW")

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[www.barhilltennisclub.co.uk](http://www.barhilltennisclub.co.uk)

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Adult: £25

Junior: £5

Family: £45

Floodlights if required per session - £5  
(book via website)

For full details of our very competitive membership fees please visit our web site [www.barhilltennisclub.co.uk](http://www.barhilltennisclub.co.uk), email, call us (details below) or pop down to the courts during Club nights.

Membership entitles you to play at anytime but the courts are also available to hire for private play. Membership applications and individual court hires can all be booked and paid for "on line" via our website.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm and we play social tennis – very relaxed and catering for all standards. We play through to late autumn and maybe beyond subject to weather!

Please come along and give tennis a try. We welcome players of all abilities.

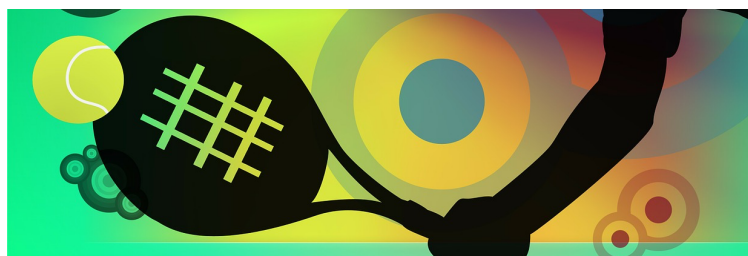
We look forward to seeing you!

CONTACT:

Paul Chubbuck (Secretary) **01954 781688**,  
Mobile **07983 435104**

Email: [info@barhilltennisclub.co.uk](mailto:info@barhilltennisclub.co.uk)

FOR MORE INFORMATION GIVE US A  
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Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email:**

**info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**



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## Crafts Shed - September 2023

CraftsShed members continue to meet in the Octagon Meetings Room, on Thursday Mornings from 0930 to 1230. Whilst extremely grateful to the Leadership of Bar Hill Church for letting us do this we still require new accommodation of approximately 60 to 80 Sq Metres. We are working with both the Parish Council and County Council to help find and secure a suitable venue. We believe purchasing a Unit for ourselves will be in the Region of £25 - £30.K. As this goes to press there will be a new storage shed erected behind the Octagon. This has been funded by a "Community Chest Grant" from South Cambridgeshire District Council for which we are extremely grateful.

CraftsShed is a Registered Charity supporting our local Community. Many various benches have had a makeover in our village in the Childrens' Playground, Tennis Courts, Allotment Society and also near to the Scout Hut. Other items repaired / upgraded are a Rocking Chair, Garden BBQ Trolley. Please visit our Website

Harris and Hoole have kindly offered for us to have a small display. Please visit the coffee shop and purchase if you can. If you cannot see what you want then contact those below.

Individuals will continue to help make items, and as a group we will undertake small projects for our Community. The new shed which is for storage only will enable us to continue to make items.

On a Thursday Morning there will be a display outside of the Octagon weather permitting. We have some second-hand tools that will be available to sell for a donation

If you are over 18 and would like to come and join us, please contact Chris or Nick below.

If you would like further information please call Chris Stannard **07711 623425** or Nick Gunton on **07484 2555214**

## Bar Hill NWR - September 2023

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet, now in The Octagon, every two weeks discussing a variety of topics.

**Sept 14th - Benelux countries (history & geography)**

**Sept 28th - Benelux countries (culture & food)**

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.



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## Climate change - attitudes shift?

A recent Ipsos Mori report showed some interesting changes in our attitudes towards climate change compared to a decade ago.

- 77% think climate change is a serious threat, 25% saying it is out of control, and only just over half (52%) saying there is still time to deal with it!
- More generally, 77% of Britons are concerned about climate change / global warming, an increase from 60% in 2013
- 41% are 'very concerned', particularly women (47%) with only 23% not concerned (down from 34%)
- 65% think we are already feeling the effects of climate change.

Although many issues are of great concern at the moment eg cost of living crisis and the economy generally, this shows that people are still very concerned about our climate.

## A14 Bridge- Update

The County's discussions with National Highways regarding the settlement on the bridge are intended to ensure National Highways take responsibility for what are issues to do with the construction and are therefore their responsibility to put right and at their cost.

The County recently had a technical report done which supports this view. It indicates that the dropping of the approach to the bridges causing the bump is the original ground below the new embankments settling due to the weight of the new material on top. Eventually the movement is likely to stop. Until then all the County can do is make sure it is kept safe for drivers by patching

across the joint which unfortunately won't completely remove the height difference, associated bump and noise.

The County team is carefully monitoring the 'bumps', and is trying to keep drivers aware through signing and carrying out safety repairs. The County intends to recover these costs from National Highways. However the County will make sure to take these experiences and use them in ensuring similar problems do not occur in new infrastructure projects.

## Funds available from the County Council for small capital projects

The Cambridgeshire Priorities Capital Fund is now open for applications! It provides a grant of up to £40k which can be used on capital expenditure (eg building improvements or equipment). Expressions of interest must be made by 24 September, and applicants who are successful at this stage will be invited to submit a Stage 2 application. Applicants can be any community organisation or parish council and even businesses although the case for public benefit must be clear.

These projects could be for Men's Sheds, work for a foodbank, funding equipment – it's deliberately quite broad. And there can be more than one application per village. Guidance and the EOI template are on the website:

**[www.cambridgeshire.gov.uk/council/communities/cambridgeshire-priorities-capital-fund](http://www.cambridgeshire.gov.uk/council/communities/cambridgeshire-priorities-capital-fund)**

Hope you have had a wonderful summer! And please don't hesitate to get in touch if you have any questions or concerns.



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## Memorial Garden - September 2023

If you have ventured into the Memorial Garden recently you cannot help noticing the major improvement. The Team now supported by new colleagues undertook a major clear up on Friday 6th May. Many thanks for all those that took part, your help is appreciated. The next major clean up will be in October.

Autumn is now approaching and we can see the colours beginning to change.

The bow top fencing has now been extended to the spine path. My grateful thanks to David and Sid from Crafts Shed for their good morning's work.

Memorial Garden Sleepers. As reported previously these are in need of replacement as soon as practicable. We have a quotation from a Professional Landscaping Company. Costing £3900. We only have £1500 towards this cost we are therefore appealing to our Community to help fund the replacement sleepers. The plaques will be preserved in a manner that we can transfer them to the new sleepers. This matter is now extremely urgent.

We are seeking financial help from The Parish Council who have offered a donation, The Community Association, South Cambridgeshire Community Chest, The Co-Op. However, can "YOU" also help financially towards these being replaced. Cheques may be left at 7 Acorn Avenue made payable to Bar Hill Memorial Garden or alternatively paid directly into Bar Hill Memorial Account at the Cambridge Building Society Account Number 1768402740 If you wish to talk to someone re a donation then please phone Chris.

Should you wish to place a Memorial Plaque then contact Chris Stannard on **01954 781978** or **07711 623425**. Email **c.e.stannard1@gmail.com**

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Maggie's offer a programme of support each day ranging from yoga, men's support group, art therapy for adults and separately for children, bereavement support, hypnotherapy and acupuncture for hot flushes, menopause workshops and many more support groups throughout the week.

Maggie's is located at 21 Milton House, Addenbrooke's Hospital, Puddicombe Way, Cambridge CB2 0AD.

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## Bar Hill Cricket Club

Although frustrated by the weather a fair bit over the past month, we did manage to pick up two good league victories, with a stand-out individual batting and bowling performance along the way.

The bowling plaudits go to Jamil Haque, who took 6 for 18 to wreck Elsworth's batting. There were also three wickets for Phil Orvis as Elsworth were bowled out for 78.

Bar Hill earlier managed 115 – the last two wickets added a crucial 39 runs and Fahir Faleel was unbeaten with 23.

The best batting performance belonged to Phil Orvis, who hit 58 on Parker's Piece against Cambridge NCI IV.

That helped Bar Hill post 145 as Jamil Haque chipped in with 31, and the hosts were then bowled out for 71, with the wickets shared between seven bowlers.

The other achievement of note was the author of this column reaching 200 league appearances, although the match in question, against Milton, was abandoned after 19 overs when the heavens opened.

By the time you read this, we will have more or less finished our season, as our final league match is on September 2.

We'll be holding our end of season presentation a few weeks after that, and hope to host another quiz night in the Sports & Social Club in the autumn.

If you are interested in playing or helping the club in any way, contact us via [info@barhillcricket.org.uk](mailto:info@barhillcricket.org.uk)

You can also visit [barhillcricket.org.uk](http://barhillcricket.org.uk) or our Facebook page for the latest information.

Paul Stimpson

201212 | [info@barhillcricket.org.uk](mailto:info@barhillcricket.org.uk)



# BAR HILL WELLBEING WALKS

*12th and 26th September*

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WALKS ARE ABOUT 60-90 MINUTES

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## Bar Hill Village Hall

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

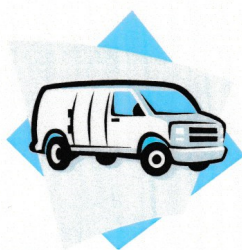
The Village Hall is managed as a-registered charity (number 1002579). To book, please visit our web site [barhillvillagehall.com](http://barhillvillagehall.com) and email

[enquiries@barhillvillagehall.com](mailto:enquiries@barhillvillagehall.com) to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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# BAR HILL PARISH COUNCIL

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Chairperson: [bunty.waters@barhill-pc.gov.uk](mailto:bunty.waters@barhill-pc.gov.uk)



## Correspondence

For any correspondence please contact the Clerk in the first instance (see above).

## Trip Hazards

Bar Hill Parish Council would like to ask all residents to please check behind your fences for any hazards or trip hazards on a regular basis. Many of these areas are the properties' utility strips and are the responsibility of the property owner. If these areas are not maintained the Parish Council have to ask the Village Ranger to carry out the work at the cost to the Village. Please report any hazards on Parish land to the Clerk

## Parish Office Opening Hours

Monday to Friday 09.30-11.00, other times by prior arrangement.

## Flytipping

Within the village if the responsible person(s) cannot be found the clear up falls to the council. The costs for removal are then payable by the council from taxpayers money.

## Extraordinary Meeting

There will be an extraordinary meeting of Bar Hill Parish Council on Monday 4 September 2023 to discuss the Skatepark proposal. If you wish to attend please inform the Clerk on the above contact information.

## Next Meeting Dates:

Environment & Amenities: 6 September 2023, Full Council: 21 September 2023, Extraordinary Meeting (Skatepark): 4 September 2023

## Bar Hill Food Trucks

Bar Hill Street Food will be serving between 5pm and 8pm in Viking Way (next to the GP Surgery). The Bar Hill Street Food Facebook page provides links to the Trucks' pre-order links as well as the menu (if available). Many of the trucks have Vegan and Vegetarian options, for more information please check the Menu which is added to the Bar Hill Street Food Facebook page each week. In September some of the most popular vendors will be returning and there will be some regular visitors on set dates from October onwards too. Note that No 35 Cambridge will be here instead of Bill's Seafood on 26th August.

**01-Sep:** The Gastro Maestro – American vintage with an Italian influence

**02-Sep:** Betweenbuns – Artisan burgers

**08-Sep:** The Purple Pepper – Mexican or Asian menu

**09-Sep:** Ronnies Kitchen – Buttermilk chicken

**15-Sep:** Aroy D Thai Food – Thai

**16-Sep:** Kereif Catering – South African and Jamaican fusion

**22-Sep:** Eat Greek – Gyros and kebabs

**23-Sep:** Rotisserie – Artisan rotisserie chicken and porchetta

**29-Sep:** Chicken n Tings – Soulful chicken

**30-Sep:** My Mexican – Tacos, Quesadilla and loaded Nachos

If you use the Street Food trucks, please take your litter home with you and be mindful of local residents when waiting for your order. Please pre-order using links provided as this helps the Traders plan for their visit.

**USEFUL LINKS:** Dogs (Fouling of Land) Act 1996 ([bit.ly/bh-dogfouling](https://bit.ly/bh-dogfouling)) - Environmental Crime ([bit.ly/bh-envirocrime](https://bit.ly/bh-envirocrime)) - Damaged Street Nameplate ([bit.ly/bh-streetnameplate](https://bit.ly/bh-streetnameplate)) - Reporting issues with roads, paths, street lights, etc. ([bit.ly/bh-highwaysfault](https://bit.ly/bh-highwaysfault)) - Report a non-urgent Crime - ([bit.ly/bh-reportcrime](https://bit.ly/bh-reportcrime))



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# Cambridge REMAP

Helping people with disabilities to live more independent lives.



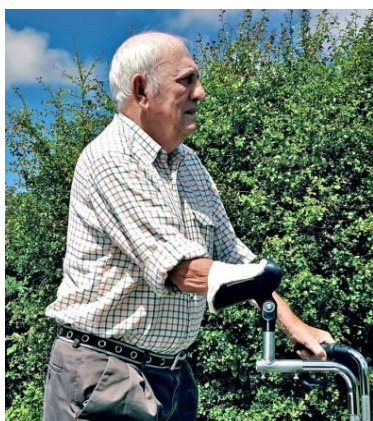
## What is REMAP? 'REMAP' stands for:

Rehabilitation Engineering Movement Advisory Panels. Let's elaborate...

## What does REMAP do?

- REMAP volunteers design and make bespoke equipment for people with a disability
- We custom-make equipment where nothing is commercially available
- We help anyone from babies to the very elderly, with simple to complex needs.

REMAP can make equipment to facilitate all areas of life, including Mobility, Personal Care, Hobbies, Communications and Sports. Here are a couple of examples:



Eilian needs to use a three-wheeled rollator to get about but having an amputation meant he could not use one safely with one hand. A 3D printed solution got him on the road again.

Linda is a singing and piano teacher who lost the ability to support her wrist at the keyboard. Her Occupational Therapist, Heidi, asked REMAP to make a wrist support. This has enabled her to get back to work and enjoying music.



## Who can get help from REMAP?

- Anyone who is struggling with a physical task due to a disability.
- Each piece of equipment is custom-made to suit the specific needs of one individual, because everyone's needs are different.
- REMAP engineers often work with health professionals, such as Occupational Therapists, to make sure that the equipment provided meets the specific needs of the individual.
- Carers and individuals can contact REMAP directly; the referral doesn't have to come from a health professional. Just get in touch for yourself.

## Does REMAP charge?

- No! This service is provided free of charge
- We undertake fundraising to cover expenses such as materials to make the equipment and mileage costs
- REMAP also receives donations from people we have helped, and others.

## How can I get help from REMAP?

- Contact REMAP (details below).
- One of our volunteers will get in touch, to visit, and assess the problem.
- The Engineer will develop a solution, in consultation with the client, the referrer (if different) and other engineers (if required).
- A referral doesn't always result in a project. We don't make equipment if something already exists which does the job. Sometimes REMAP just helps to identify an existing piece of equipment which meets the need. An existing piece of equipment can also be modified in order to make it fit for purpose, rather than starting from scratch.

## Cambridge REMAP Contact Information:

Email: [Cambridge.Secretary@remapgroups.org.uk](mailto:Cambridge.Secretary@remapgroups.org.uk)

Tel: 07946 019175

[www.remap.org.uk](http://www.remap.org.uk)



[Remap.org](https://www.facebook.com/Remap.org)



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## THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have served to join. We are there to support all ex-service personnel.

If you would like to join, please either come along to a meeting or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox **01954 488657**.

Our meetings for 2023 will be held in The Meeting room of the Octagon at 7.30pm on 28th September and our AGM on 26th October.

Thank you to all those who came along to the fete and supported The Royal British Legion we raised £129.55 which is up on last year. The hampers were won by Pete Smethurst, Ian Arrowsmith, Samuel Bishop and Jonathan Lyne. Daphne Arbon and a Lady called Sarah won the other 2 prizes.

The Poppy Appeal will take place in Tesco from Monday 30th October till Saturday 11th November, if anyone would like to volunteer to help with the collection, please contact Maggie Cox on **01954 488657**.



## Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or [barbara.page@live.co.uk](mailto:barbara.page@live.co.uk)

Please note the club doesn't meet in August, see you on the 7th September



**5asideCHESS @ Bar Hill Hub,  
the Octagon, CB23 8EH.**

First Monday of each month  
10:45-11:45

5asideCHESS is a great way to connect and start a conversation - with people happy to teach you this wonderful game.



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## Flu Clinic

We are delighted to confirm that this year we will be delivering flu vaccines to our patients from our Maple Surgery this Autumn.

Who is eligible?

- All patients aged 65 years and over.
- All patients aged 6 months to under 65 years in clinical risk groups – Chronic respiratory disease, Chronic heart and vascular disease, Chronic kidney disease, Chronic liver disease, Chronic neurological disease, Diabetes and adrenal insufficiency, Immunosuppression (due to disease or treatment), Asplenia or dysfunction of the spleen, Pregnant women and Morbid obesity (BMI  $\geq$  40).
- All children who will be aged 2 or 3 years on 1st September 2023 and any child aged 6 months to 18 years in the at risk groups. The school immunisation programme will vaccinate all other eligible children.

How will I be Contacted?

Text messages have already been sent out to patients who have consented to receive text messages from us. If you have not consented to receive text messages from us you can call the surgery on **01954 780442**.

When will the Clinics Begin?

Subject to receiving our supply of vaccine as planned, the first adult clinic will be held on Saturday 30th September & Saturday 7th October.

## Recruitment and progression

Firstly we have a new member of staff joining the reception team namely Jane Silk. She comes with a wealth of previous NHS reception experience and we cannot wait for her to hit the ground running in her new role at Maple Surgery.

Secondly, Maple Surgery has seen positive changes within the administration team recently. Internal progression for two members of staff namely Alexa Miller and Malan Haynes. Alexa, a long serving member of staff for Maple has now progressed to the Deputy Practice Manager role. She will be working to support the practice manager and to drive Maple forward and provide the highest level of care for all patients. Malan has progressed to the Medical Secretary role from her previous reception role. She is excited to progress at Maple and taken to the role very quickly. I and all the team wish them all the best in their new roles.

## Carers Café

If you are a carer for someone and need financial or emotional support, our carers café meeting is held every second Monday 10am-11:30am at the Hub. This is organised by our social prescriber Pekka Tutti who plans external speakers to provide information on a relevant subject. The speaker attending in August is Susan Mayes from Healthy You. Refreshments are provided. If you feel this would interest you please contact the surgery or email us at [maplesurgery.enquiries@nhs.net](mailto:maplesurgery.enquiries@nhs.net).





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or more children £4 refreshments and snacks included

We look forward to seeing you at our next session





10  
years

healthwatch  
Cambridgeshire

healthwatch  
Peterborough

# Annual Summit 2023

**Adult Social care: Meeting the challenges**

**KingsGate Conference Centre, Peterborough.**

In a year when health and care services have been under more scrutiny than most, Healthwatch, the public health and care champion, is celebrating its tenth anniversary. An independent organisation, Healthwatch makes sure NHS leaders and other decision-makers hear people's care experiences and use their feedback to improve services and access. It also helps people to find reliable and trustworthy information and advice about health and care provision.

Encouraging people to get in touch and share their feedback is a key area of focus for Healthwatch. This is a challenge, as people are nearly four times more likely to share their thoughts on a dinner out or takeaway than on NHS services, according to a new survey.

Patient feedback can enable the NHS to spot issues and identify where services may need more resource or other support. It can also help address inequalities in access to care, the extent of which has been laid bare by the pandemic.

And Healthwatch Cambridgeshire and Peterborough's summit event later this year will provide the perfect opportunity for people to come together to discuss their experiences, as well as mark the organisation's tenth anniversary.

The summit, which takes place on Wednesday 11 October at KingsGate Conference Centre in Peterborough, will focus on adult social care and the challenges faced by both service providers and users in this sector.

For more information about the summit, and to register for a place, please visit; <https://www.healthwatchcambridgeshire.co.uk>

10  
years

*Amplifying the voice of the public in  
Cambridgeshire and Peterborough.*



healthwatch healthwatch  
Cambridgeshire Peterborough

## Friends of the Rosie

We hope all our customers and supporters enjoyed their holidays and we wish you all the very best of health throughout 2023.

We are sharing our extensive catalogue on our RosieinStitches facebook page so you can grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family.

By using our online store you will be avoiding the crowded shops and keeping yourself safe.

You can shop for new items at [www.rosieinstitches.org.uk](http://www.rosieinstitches.org.uk) or donated items in our rosieinstitches2010 eBay charity store, and vintage knitting patterns on our facebook page. Please take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the winter using coupon sleeves50.

Thank you for supporting our charity at the recent village events.

Come and see us in person at

*Waterbeach Community Market*

*Sunday 17th September 10am to 3pm*

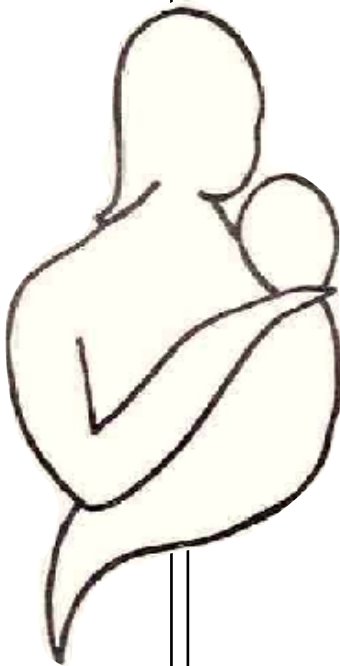
*Bar Hill Community Market*

*Saturday 7th October 10.30am to 2pm*

Aurelia London are offering a complimentary Miracle Cleanser 50ml when you spend £40! Worth £22 click on the link on our website

A fundraising platform we are now using is Benevity <https://causes.benevity.org/causes/826-1036092>

Please remember to use easyfundraising every time you shop online! Over 7,000 brands will donate, so you can raise FREE donations for us no matter what you're buying. These donations really help us out, so please sign up if you haven't yet. It's easy and FREE! You



can get started at <https://www.easyfundraising.org.uk/causes/forh/>

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Further details are given on our website volunteering page.

Thank you for your continued support.

Avril Williams **01954 782431**

[avril@rosieinstitches.org.uk](mailto:avril@rosieinstitches.org.uk)

and Jo Hall **01954 780304**



Mon	10:00am – 5:00pm
Tues	2:00pm – 5:00pm
Wed	10:00am – 5:00pm
Thurs	Closed
Fri	2:00pm – 5:00pm
Sat	9:30am – 12:30pm
Sun	Closed

## Private ADHD assessment

Recently a large number of people have been seeking assessment for ADHD in private clinics. We understand the frustration due to long waiting times in the NHS ADHD clinics. We would like to support you to make the right decisions.

Many of you may have seen a recent BBC Panorama programme "Private ADHD clinics exposed"

Before you choose a private clinic for assessment please be aware of the following facts.

- Make sure you will get a full assessment including a full psychiatry assessment (the clinic should be overseen by a psychiatrist)
- When a diagnosis is made by a clinic and the assessment has not been comprehensive and does not fulfil the criteria recognised locally, the diagnosis may not necessarily be accepted
- There is no guarantee that the prescription medication advised by the specialist clinic will be taken over by the GP for future prescriptions. This will need to be assessed on a case to case basis. The nationally agreed "Shared care" only applies to providers with an NHS contract
- The specialist clinic will still need to review you at least on a yearly basis even if the shared care is accepted by the GP. You could have to continue to pay for these assessments at the private clinic

## Flu Vaccinations

Please support our surgery this year and book your flu vaccination with one of our nursing team. We are once again offering dedicated flu clinics on Saturdays. Please contact reception to book your appointment with us ASAP.

Eligibility for the flu vaccine is as follows

- Patients aged 65 years and over
- Patients aged 6 months to under 65 years in clinical risk groups. This includes patients with:
  - Chronic respiratory disease, heart or vascular disease, Kidney disease, Liver disease, or Neurological disease
  - Diabetes and adrenal insufficiency
  - Immunosuppression
  - Asplenia or dysfunction of the spleen
  - Morbid obesity
  - Pregnant women
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Frontline workers in a social care setting without an employer led occupational health scheme

Dates will be released and advertised on the Willingham Medical Practice Facebook page and website in line with demand. Please support your surgery, and contact our receptionists to book your appointment.

## Fluenz Vaccinations for children

We are also offering the fluenz nasal vaccination to all children aged 2 or 3 years on 31 August 2023. School aged children will be offered the vaccine through school.

## Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on Weds 6th September at Willingham Surgery, where we will be holding a drop in meeting between 2pm and 4pm.





# Bar Hill Childminders



Bar Hill Childminders are all graded 'Good' on their latest inspections, are fully insured and have Paediatric First Aid training. We offer quality, caring, home from home care with a wide range of exciting experiences for the children, both within our settings and the local community.

We regularly go on walks, outings and attend local groups to help the children socialise. We find having a wide range of ages benefits all the children in our care, it helps the younger children's confidence and encourages the older children to be patient and understanding with the younger children, helping them learn and progress.

We accept the 2,3 and 4 year funding and the Government Tax Free Childcare payments.

As we are busy during the day with the children, please text us your enquiry with details of your requirements and we will contact you as soon as possible with our up to date availability and hourly rates.

Jacky – **07718447998** – ages 6 months upwards. Term time only and all year round care offered. Spaces expected from Sept 2024.

Kirsten – **07906218070** – ages 6 months upwards. Term time only and all year round care offered.

During the school summer holidays we often care for school age children during

the day and not just before and after school, meaning we regularly have children aged from 1-10 each day, this takes careful planning but we offer fun and exciting days out and activities to all the children in our care.

It also means there are no time restrictions to our days, which allows us to have days out and explore a bit further afield. Despite the wet weather over the summer we have been able to visit Wandlebury, Anglesey Abbey, Wicken Fen, Milton Country Park, the Botanical gardens and taken a bus trip to St Ives.

Some days we have stayed closer to home

and visited the library, our local parks, enjoyed walks in the woods making nature wands and meeting up with other Childminders and their children.

On wetter days we have had fun puddle jumping, making pom-poms, doing mindful colouring, painting,

dancing and practising our singing skills with karaoke sessions!

We have made pizzas and sausage rolls for our lunch and baked cakes and scones to share with our families. We have picked and eaten the strawberries and raspberries we have grown. Our tomatoes are ripening and the sunflowers are growing taller than us!

We have had great fun over the summer with our friends.



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## Free, friendly running group in Bar Hill

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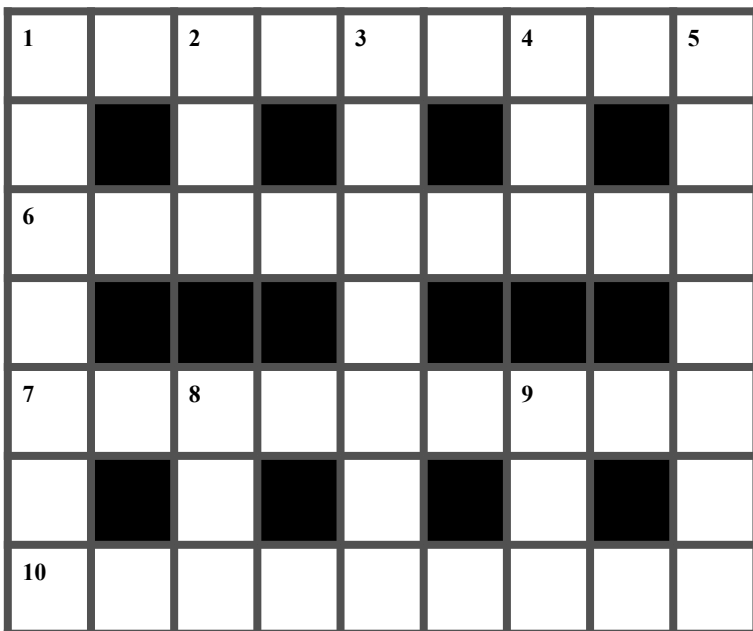
**Tuesdays  
& Thursdays  
at 7pm from  
The Octagon**

More and booking: [linktr.ee/rfyl](https://linktr.ee/rfyl)

## Helping Hedgehogs in September

Mature females may have mated for the second time and will therefore repeat the events of the last couple of months however, with a natural diet becoming scarce in the autumn late litters will struggle to gain the fat reserves necessary for hibernation and may require human intervention for survival.

For help and advice on hedgehogs contact:  
Liz Dams **07912 988898**/ Shepreth  
Hedgehog Hospital **07947 361187**.



## PUZZLE - September 2023

**Across-** 1.packaging material.6.words list, storehouse of knowledge. 7.suitable for occupation. 10.play a part, stand for.

**Down-** 1&2----- in the --- (Salinger). 3.wild thing (dial).4.atmosphere.5.afters. 8.item of bread. 9.pollinator.

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Bar Hill Preschool re-opens on Monday 4th September and we are looking forward to seeing current families and those that are starting with us this month.

We are looking forward to hearing about everyone's summer adventures.

Interested in finding out more and booking a place for your child? Contact [enquiries@barhillpreschool.co.uk](mailto:enquiries@barhillpreschool.co.uk) or call **01954 782892**. You could also visit our website [www.barhillpreschool.co.uk](http://www.barhillpreschool.co.uk) for an enrolment form.

Children are offered places from the term after the child's second birthday. We are open 9am-3pm in term time only. Funding and Childcare payment schemes are accepted.

### Wildlife Gardening in September

September can be a month of change as we head into autumn. Usually there is an abundance of fruit on hedgerows and on trees, often sunny, with shortening days and cooler nights -our gardens still have a lot to give with brightly coloured flowers to enjoy. Insects will be flocking to late summer flowers such as the Verbena bonariensis and Heleniums. Frogs, toads and newts will be looking for shelter in log piles at the bottom of ponds. Let stems and old flower heads of flowering plants, die back naturally over this period and into the winter to provide food and shelter for wildlife. Seeds will feed birds for at least part of this time and many insects over winter in the old stems.

**Hedgehog Fact:** Contrary to popular belief, hedgehogs are not rodents. This myth likely started because they're so often confused for porcupines, which are rodents, however, hedgehogs and porcupines aren't related at all, as hedgehogs are actually members of the mammal order Eulipotyphlia. This makes them closer to shrews, which also look like rodents.

### BAR HILL POST OFFICE

The opening hours for the post office are;

**Mon, Wed, and Fri 09:00-17:30**

**Tue 09:00-14:30**

**Thu 09:00-12:30**

**Sat 09:00-12:15**

**Sun Closed**

Much more than just a Post Office we also offer Car

Tax, Banking services, FREE cash withdrawals, Foreign Currency (including Euros in stock), Gas/ Electric key top-up, vaping products, ice creams, as well as a small grocery section!



**PLEASE SUPPORT YOUR LOCAL POST OFFICE**



## BHCA Village Calendar

Are you looking to keep up to date with events in the village? We have setup a public calendar for events publicised within the Bar Hill News as well as any other local events we are aware of.

If you have a local event you'd like to publicise you can enter the details here; <https://www.barhill-ca.org/event-calendar> and we'll add it as soon as possible. This page also contains a subscription link and an online-viewable version of the calendar.

If you'd like to subscribe to the calendar on your phone or tablet the QR code/ direct link is here.

Comments & Suggestions welcome!



"No lawn is too big or too small!"

– Jonathan Nunn

## JN Garden Services

*Friendly • Professional • Reliable*

- ☐ Mowing (incl. ride on mower)
  - ☐ Lawn care
  - ☐ Hedge trimming
  - ☐ Patio washing and laying
  - ☐ Weeding/spraying
  - ☐ Leaf blowing
  - ☐ Fencing
  - ☐ Pruning
- AND MORE!



**CALL NOW**

**07519355235**



[jngardenservices@outlook.com](mailto:jngardenservices@outlook.com)

**Bar Hill  
library**

## BAR HILL LEGO CLUB

SECOND WEDNESDAY OF THE MONTH  
(TERM TIME ONLY) 3.30-4.45PM

ALL SESSIONS ARE FREE OF CHARGE  
AND DON'T NEED BOOKING, JUST  
COME ALONG WITH YOUR CHILDREN!



Cambridgeshire  
County Council

Looking for opportunities to  
volunteer? Want to use or  
develop new skills? Computing,  
English, Marketing, ... ?



**BHCA**

We'd love to hear from you at the Bar  
Hill Community Association (BHCA).

Please get in touch:

[volunteering@barhill-ca.org](mailto:volunteering@barhill-ca.org)

**07814 871 752**